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Education: Master's Degree in Sports Sciences,
National University of Physical Education and Sports.

2010~ Full-time lecturer, Center of Physical Education and Sports, National Dong Hwa University

2007~2009 Part-time lecturer, Center of Physical Education and Sports, National Dong Hwa University

2003~2006 Full-time lecturer, Center of Physical Education and Sports, National Dong Hwa University

2002~2003 Freelance Fitness Consultant (Contracted with California Fitness Centers & Gold's Gym)
Personal Trainer

2000~2002 Senior Personal Trainer & Training Facilitator, California Fitness Centers in Taipei

束有明

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Research interests: Fitness & Exercise Prescription, Weight Management, Theory & Practice in Resistance Training, Personal Fitness Training, Nutrition & Dietary Behavior